



**Harmony House Dagenham CIC**  
 Baden Powell Close  
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 Dagenham  
 Essex RM9 6XN  
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 Fax: 0208526 8210

Please complete and email to [healthleaflets@harmonyhousedagenham.org.uk](mailto:healthleaflets@harmonyhousedagenham.org.uk)  
 (Alternatively, print or photocopy, complete and fax )

**Date:**                      **REQUEST:** FREE Smoking and Alcohol leaflets (for REDBRIDGE only)

	<u>Quantity</u> Maximum 20		<u>Quantity</u> Maximum 20
Smoking and your lungs		Baby on the way, Quit today. (leaflet for mums to be)	
It's so much easier since I quit, Smokefree guide		Stick and quit smoking sticker sheet	
Get Well Sooner (leaflet for patients going into hospital who wish to give up smoking)		Smokefree Health and Wealth Wheel	
Making our home smoke free has been great for me and her (second hand smoke kills)		Smokefree Homes&Cars A4 poster – Max 2	
Everything you need to help pregnant women give up smoking (for health professionals)		Drink less alcohol cut your cancer risk	
The dangers of smoking in the car and home leaflet		Don't let the drink sneak up on you (leaflet)	
"Quitting is all about finding what works for you" (smoking leaflet)		10 minutes to change your life, call time on alcohol	
Being a parent starts right now (for expectant partners who smoke)		Don't let the drink sneak up on you (A3 poster) – Max 2	
Smokefree Baby App (info)		Could your drinking be putting your health at risk (A3 poster) – Max 2	
Be smoke free. Cut your Cancer risk		Drinking causes damage you can't see (men's A3 poster) – Max 2	
I'm quitting one day at a time (with a calendar for 28 days) booklet		Drinking causes damages you can't see (women's A3 poster) – Max2	

**PLEASE ALLOW 2 WEEKS FOR DELIVERY**

Contact Name:	
Address:	
Email Address:	
Telephone:	